



## Brighton Mountain Bike Team and Rider Requirements for PE ILA School Credit

Team Director– Dave Kikkert  
Head MTB Coach- Mike Knapp

Education Coach– Dana Middlemiss [middlemissdana@yahoo.com](mailto:middlemissdana@yahoo.com) 801-450-1547



**Description:** Being a member of the Brighton Mountain Bike High School Team and participating in the NICA Sponsored Region 3 Races and Utah State Championship for those who qualify will help students demonstrate competency in an individual mountain bike fitness program, a personal strength and core training program, and gain a knowledge of having a healthy balance of social, psychological, and physical benefit included into their lives. They will learn how important it is to take care of one's nutritional diet, physical activity and interactions with people around them.

### **Materials Needed:**

- Mountain Bike
- Helmet
- Team Jersey/Kit–Adhere to NICA and Brighton MTB Team's Dress code for practices and races.
- Jacket–if needed, you can wrap it around your handlebars
- Spare Tire, CO2 cartridge or hand pump
- Water Bottle(cage on bike) or Bladder to wear
- Sunglasses
- Bike Gloves
- Medically Necessary Medication: EpiPen, Inhaler, Allergy Meds, etc...

### **Team Rules:**

- Have Fun
- Work Hard
- Respect yourself and Others
- Be Drug Free
- 75% Practice Attendance–Tuesday/Thursday Evenings 6pm-8pm (June-October), with some Monday Practices happening in place of Tuesday's practice. Legitimate reasons for missing practices include: Summer Vacations, Summer Camps, Injury, Work Conflicts or other extenuating circumstances. Being a part of Brighton's Mtn Bike Team requires your participation.
- Participate in all 4, Region 3 Races
  - August 23rd, 2025– Herriman, Utah
  - September 6th, 2025– Beaver Mountain, Utah
  - September 20th, 2025– Panguitch, Utah
  - October 4th, 2025– Gunnison, Utah

### **Requirements:**

- **Register**
  - with NICA at [www.utahmtb.org](http://www.utahmtb.org) and pay the \$390 fee
  - with Brighton Mountain Bike Team at [www.brightonmtbteam.com](http://www.brightonmtbteam.com) and pay the team fee of \$350 on Venmo @BrightonMTB.

- **Keep a Log Book**– Including beginning/ending of season goals, pre and post bike practices' food intake, pre and post bike races' food intake, how you felt during bike practices, races, core workouts or strength trainings, what you'd like to improve on and also your successes with nutrition, training, and biking. Your Ride Leader or a designated coach will need to check on your log books throughout the season so please share it with him or her.
  - Examples of a Log Book you can use are:
    - Strava
    - Garmin
    - Map My Fitness
    - If another, please let us know what it is
    - Or if you'd like us to provide you with one, please let us know and we will get you one.
  
- **Mandatory Clinics to Attend:**
  - Skills Clinic–in person
  - Bike Maintenance Clinic–in person
  - Nutrition Clinic–In Person & Video Link & Quiz to test Knowledge,
  - Sports Psychology Clinic–In Person & Video Link & Quiz to test Knowledge
  
- **Trail Work Day**–Participate with the team and help upkeep trails in our local areas. 3-4 hours worth of work.

I hereby sign that I have read and will abide by the rules and requirements of the Brighton MTB Team.

|               |                    |       |
|---------------|--------------------|-------|
| _____         | _____              | _____ |
| Name of Rider | Signature of Rider | Date  |

I hereby sign that I have read this disclosure and give permission for my child to participate on the Brighton MTB Team:

|                |                     |       |
|----------------|---------------------|-------|
| _____          | _____               | _____ |
| Name of Parent | Signature of Parent | Date  |

